
The Art of Professional Wrestling

By Mason Kennerly







PROMO

A wrestler's character determines the reason they do everything that they do. Ring psychology is born through the existence of characters.

The relationships between different personalities become the reason for every story playing out, every word on the mic, and every move in the ring.

Promos are crucial to making or breaking a superstar. A wrestler must have the ability to spark the interest of the audience in the story. Effective promos allow the audience to connect to the performer on an emotional level. In professional wrestling, talking the talk is just as important as walking the walk.



IN-RING

Wrestlers use incredible in-ring ability and athleticism to showcase stories through improvised choreography.

Wrestlers must be well-versed in techniques and moves in order for the story that they tell to play out the way they intend. Effective wrestling leaves audiences on the edge of their seats and invested in the story developing in the ring.

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CHARACTERS

Every superstar who steps between the ropes has the goal of becoming champion. Championship gold in professional wrestling serves many purposes. They serve as the centerpiece for many storylines and rivalries, as well as an indicator for the audience as to which superstars are the most important to pay attention to.



CHAMPIONSHIPS





